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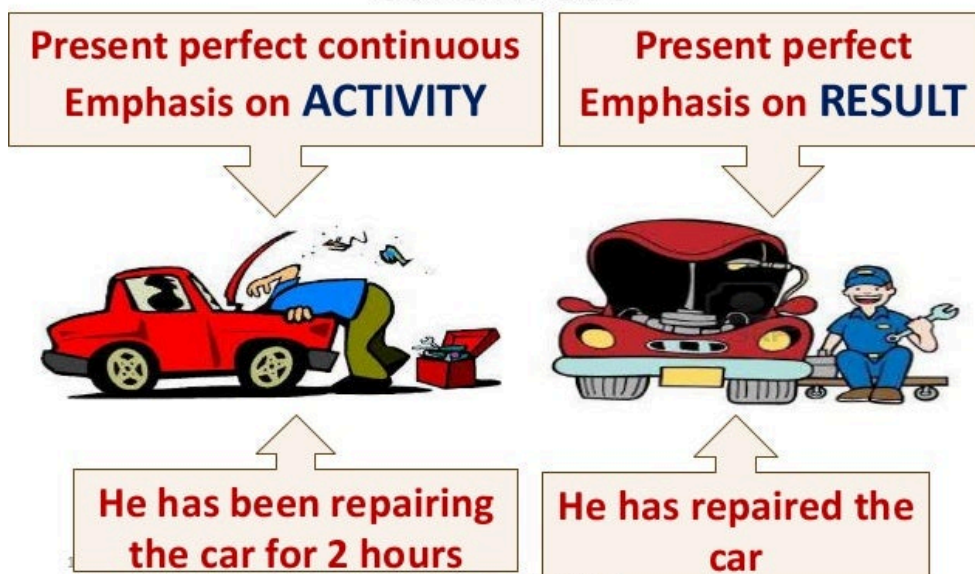
How do you choose between the **Present Perfect** and **Present Perfect Continuous**?

The **Present Perfect** is used to denote a *link* between the present and the past. The time of the action is before now but not specified, and we are often more interested in the **result** than in the action itself.

The **Present Perfect Continuous** is used to show that an activity in the past was **in progress**. It is possible that the activity is still taking place.

Both of these tenses show an action that recently stopped or is still going on. The main difference is on the **emphasis**: **Present Perfect** puts emphasis on the result, while **Present Perfect Continuous** puts emphasis on the duration or course of the action.

Present Perfect VS. Present Perfect Continuous



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via

<https://www.slideshare.net/MMoussaK/present-perfect-vs-present-perfect-continuous-49729060>

Present Perfect or Present Perfect Continuous?

So, how do you choose between the Present Perfect and Present Perfect Continuous?

Present Perfect

The [Present Perfect](#) expresses an activity started in the past and has been finished before now. We are interested in the **result** or achievement of the activity. It is used to show that an activity in the past is *finished*.

The structure is:

have / has + Past Participle

- *We've **selected** our favorite painting among those exhibited.*
- *Mary **has written** ten letters today.*

Present Perfect can be used with [state and action](#) verbs and emphasizes *permanent/routine* actions:

- *I've **known** her for 8 years.*
- *I **have lived** in London since I was born.*

Present Perfect Continuous

The [Present Perfect Continuous](#) expresses an activity that started in the past, is still in progress now, and might continue in the future. It is used to show that an activity in the past was *in progress*. We are interested in the **activity**.

The structure is:

have / has + been + -ing verb

- *We've **been looking** at those beautiful paintings for two hours.*
- *She **has been smoking** too much recently.*

Present Perfect Continuous (like all continuous tenses) are not used with [state](#) verbs and emphasizes *temporary* actions:

- We **have been waiting** for you for an hour.
- I usually work in London but I've **been working** in Brussels for the last 3 weeks.

Comparing

Consider the following examples:

Present Perfect

have / has + Past Participle

I've **cooked** dinner. It is ready now.

Jane **has just run** a race. Now she's receiving a medal.

We've **eaten** all cake. The plates are empty.

Present Perfect Continuous

have / has + been + -ing verb

I've **been cooking** dinner. It will be ready soon.

Jane's **been running** today. Now she's really tired.

We've **been eating** too much cake. We must eat less.

Adverbs frequently used

The following adverbs are most commonly used with **Present Perfect**: *for, since, already, ever, never, yet, still, etc.*

- I've worked here **for** thirty years.
- I have **already** seen this film.

The following adverbs are most commonly used with **Present Perfect Continuous**: *all day, for 5 years, since 1980, how long?.. the whole week, etc.*

- I've been working on my thesis **all month**.
- I'm so tired. I've been doing my homework **the whole day**.

Check out this video from 7ESL showing the difference between Present Perfect and Present Perfect Continuous:

See more details here:

[Present Perfect Tense with 'Just' and 'Yet'](#)

[Present Perfect Tense for Unfinished Past](#)

[Present Perfect Tense for Experience](#)

[Present Perfect Continuous: Statements](#)